



# Work-Life eNewsletter D14 HSWL Regional Practice February - March 2022



## SEXUAL ASSAULT RESPONSE COORDINATOR

Safe Helpline ([www.safehelpline.org](http://www.safehelpline.org)) offers self-paced modules to help those looking for support for sexual assault survivors.

- (1) Building Hope & Resiliency: Addressing the Effects of Sexual Assault. This module seeks to help you begin to recover, heal and build resiliency after a sexual assault. This module features definitions, helpful information about coping mechanisms, practical relaxation exercises, and links to resources and referrals for on-going support. Also included is a brief, optional self-assessment for you to gauge how effective your current coping strategies are, and whether you may benefit from additional support and resources.
- (2) How to Support a Survivor. This module provides concrete tools that can help friends, family members, and colleagues of survivors of sexual assault support a survivor's recovery. This module identifies both helping behaviors that support survivors of sexual assault and harmful behaviors that should be avoided.
- (3) Resiliency and Connection through Self-Care. This module explores how military survivors of sexual assault can manage the effects of trauma using self-care strategies. This module will explore healthy coping strategies for self-care. As a part of this module, survivors will be able to develop a self-care plan.

For more information, contact the SARC, Lianne Casupang, at 808-291-7720 or [lianne.m.casupang@uscg.mil](mailto:lianne.m.casupang@uscg.mil)

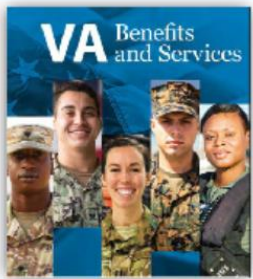
## TRANSITION PROGRAM



# VA Benefits Advisor

Office Hours: 0700 – 1600  
Monday through Friday

VA Benefits Advisors are available to provide One-On-One assistance to help you understand how to navigate VA and the benefits and services you've earned through your military career;

- ✓ Disability and Compensation
- ✓ Pension
- ✓ VA Health Care
- ✓ Personalized Career Planning and Guidance
- ✓ Education
- ✓ Veteran Readiness and Employment
- ✓ Insurance (Dental and Life)
- ✓ Find Local Support
- ✓ Home Loan Guaranty



<p><b>Brian Donnelly</b> Site Lead (Contractor) Military Family Support Center 4872 Bougainville Drive Joint Base Pearl Harbor-Hickam, HI Team CALIBRE Department of Veterans Affairs 808-474-0031 (office) 571-461-8983 (cell) <a href="mailto:Brian.Donnelly@vatap.calibresvs.com">Brian.Donnelly@vatap.calibresvs.com</a></p> 	<p><b>Laura Johnston</b> Benefits Advisor (Contractor) Joint Base Pearl Harbor-Hickam Team CALIBRE VBA TED Program Office Department of Veterans Affairs 571-461-8908 (cell) <a href="mailto:Laura.Johnston@vatap.calibresvs.com">Laura.Johnston@vatap.calibresvs.com</a></p> 
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**My Transition Timeline found here:**  
[https://www.dodtap.mil/rest/docs?filename=Managing\\_Your\\_Transition\\_Timeline.pdf](https://www.dodtap.mil/rest/docs?filename=Managing_Your_Transition_Timeline.pdf)

- There are 4 essential elements of TAP**
1. Self-Assessment worksheet;
  2. Pre-Separation counseling online course and D2648 eFORM;
  3. Attend TAP class;
  4. Capstone appointment out-brief

**Please reach out to your unit yeoman first.** Once you have completed your initial 2 phases for transition, you may reach out to [Jessica.r.dung@uscg.mil](mailto:Jessica.r.dung@uscg.mil) or (808) 419-4728 for help with enrolling in a TAP class.

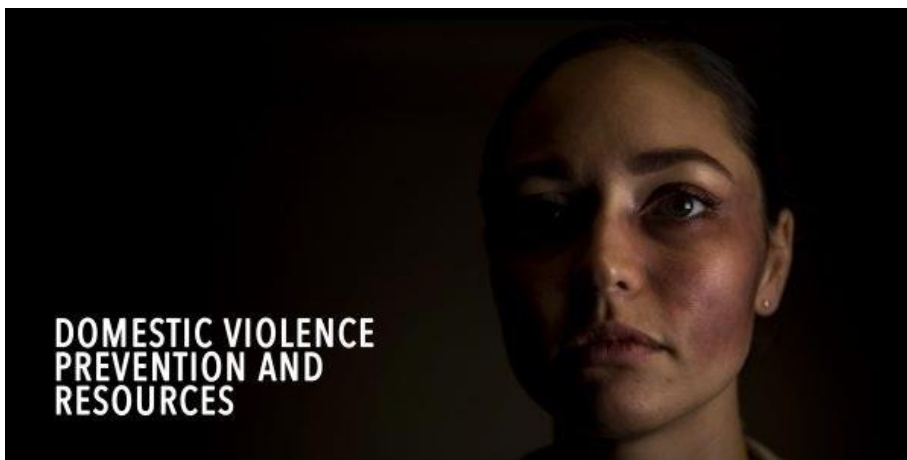
## **FAMILY ADVOCACY SPECIALIST**

- In the USA, a woman is assaulted or beaten every nine seconds.
- 1 in 3 women and 1 in 4 men have been in abusive relationships.
- 10 million Americans are victims of Domestic Violence each year
- Domestic Violence Hotlines receive more than 200,000 calls per year.
- Intimate partner Violence accounts for 15% of all violent crimes in America
  - Both Men and Women can be victims of domestic violence.
  - Both men and Women can be perpetrators of Domestic Violence
- There has been an increase in Domestic Violence since the COVID 19 Pandemic

The USCG has zero tolerance for Domestic Violence and has dedicated the Family Advocacy Program to preventing, assessing and treating Domestic Violence

. It can be very frightening if you or someone you know is involved in an abusive relationship. Responding to abuse can be challenging. If you are concerned about yourself or someone else, please contact the D-14 Family Advocacy Specialist,

**Katherine Robredo at (808) 798-0461.**



## **FAMILY RESOURCE SPECIALIST**

**2022 Scholarship season has arrived!**

**Applications are accepted from February 1 – March 15, 2022**

There are many different types of scholarships for children and spouses of Coast Guard members: If you are the child of an active duty, retired, or active reserve Coast Guard member you are eligible to apply. For this year's scholarship cycle, successful applicants can expect awards ranging between \$1,000 to \$5,000.

Scholarships and grants for Coast Guard spouses provide an opportunity for a college education. The Delta Dental Grant offers \$2,000 scholarships per year for E3-E6 spouses who are pursuing an oral health and wellness degree.

The Coast Guard also has scholarships for children of fallen Coast Guard members. Applications are accepted anytime throughout the year.

**The Captain Ernest W. Fox Perpetual Scholarship** is available for ActiveDuty Coast Guard, civil service employee personnel or their dependents. This \$2000 scholarship is to assist with the education and training of Aviation Logistics Center (ALC) in Elizabeth City, NC.

For applications and more information please visit:

[https://coastguardfoundation.org/scholarships?gclid=EAIaIQobChMI4K2\\_y4y67gIVpCCtBh3UwAq0EAAYBCAAEgKf6PD\\_BwE](https://coastguardfoundation.org/scholarships?gclid=EAIaIQobChMI4K2_y4y67gIVpCCtBh3UwAq0EAAYBCAAEgKf6PD_BwE)

For further information on availability and requirements please contact our Program Manager Sage Williams at [swilliams@coastguardfoundation.org](mailto:swilliams@coastguardfoundation.org) or (860) 535-0786.

For additional questions or help, contact your Family Resource Specialist, Stacey Sawyer at: [Stacey.c.sawyer@uscg.mil](mailto:Stacey.c.sawyer@uscg.mil) or 808-688-7052.



## **OMBUDSMAN PROGRAM**

Ombudsmen are usually spouses of Coast Guard service members attached to the Command who volunteer in an official capacity for the command and are trained to assist Command families with information and referrals, facilitate communication between the Command and families and provide readiness support during deployments, emergencies or crises. Click the link <https://cgombudsmanregistry.org> and choose the: "Contact Your Ombudsman" option.

For more information, contact the Ombudsman Coordinator at [Jessica.r.dung@uscg.mil](mailto:Jessica.r.dung@uscg.mil) or (808) 419-4728

## **PERSONAL FINANCIAL MANAGER**

### **TAX SEASON IS HERE!!**

Are you ready to file your taxes? Do you have all your tax documents ready? 2021 has been a busy year with a lot of changes. It is important that you get organized to make sure you don't miss out on tax benefits. You should gather all your tax documents such as W-2s, 1099s and any other documents that support any income, tax credits and deductions that you may qualify to claim on your tax return.

Having all the information in hand when filing can ensure your tax return is complete and accurate and it will help avoid refund delays. This is especially important for people who received advance Child Tax Credit Payments or Economic Impact Payments in 2021. The IRS is mailing letter 6419 to recipients of the advance child tax credit payments and letter 6475 to recipients of the Economic Impact Payments. Taxpayers need to have those letters available when preparing their tax return.

### **File your Federal and State Taxes Online for Free!**

CGSUPRT offers free tax filing through H&R Block online. You must go through the CG SUPRT website <https://www.cgsuprt.com>, click on "My CGSUPRT site login", enter the password "USCG" then click on "free tax filing" and follow the instructions to create an account. This service is available to Coast Guard active -duty members, civilian employees, members of the selected reserve, and their dependent family members.

**For more information, contact your Personal Financial Manager at [graziella.panetta@uscg.mil](mailto:graziella.panetta@uscg.mil) or 808-291-3154**



## Employee Assistance Program

The Coast Guard EAP is designed to assist eligible employees and their dependents in addressing personal issues and problems before they have a negative impact on work performance and/or conduct.

Support and resources are provided by the Employee Assistance Program Coordinator and online/phone (24/7) via CGSUPRT at [www.CGSUPRT.com/](http://www.CGSUPRT.com/) [855-CGSUPRT\(247-8778\)](tel:855-CGSUPRT(247-8778)).

Emergency suicide crisis services may also be accessed 24 hours a day, seven days a week via CGSUPRT

**If on-site assistance is needed, call 911**

**You can also contact the D14 EAPC, Mr. Phil Jordinelli: (808) 843-3881, cell: (808) 478-4174, Email: [phillip.a.jordinelli@uscg.mil](mailto:phillip.a.jordinelli@uscg.mil)**

If you need to talk to someone in person, don't hesitate to call the Work-Life front desk at or the Duty HS to set up face-to-face time with a Work-Life Specialist or our Regional Behavioral Health Provider



### Quick Reference:

**Work-Life Main:** 808-842-2085  
**Base Honolulu Duty HS:** 808-291-7183  
**CG Support:** 855-247-8778  
**HSWL Regional Practice Manager**  
LCDR Jessica Hamilton 808-842-2086  
**Work-Life Supervisor/Employee Assistance Program Coordinator:**  
Mr. Phillip Jordinelli (808) 843-3881  
**Sexual Assault Response Coordinator:**  
Mrs. Lianne Casupang 808-291-7720  
**Family Advocacy Specialist:**  
Ms. Katherine Robredo 808-798-0461  
**Transition & Relocation Manager:**  
Mrs. Jessica Dung 808-419-4728  
**Family Resource Specialist:**  
Mrs. Stacey Sawyer 808-688-7052  
**Personal Financial Manager:**  
Mrs. Graziella Panetta 808-291-3154

### **CISM Peer Members needed**

If you are interested in becoming a Critical Incident Stress Management Peer, we are looking for new D14 Team Members. You must meet the follow criteria:

1. Not have suffered a major loss or experienced a significantly traumatizing incident within the preceding twelve months.
2. Be emotionally mature: possess good communication and interpersonal skills, including the ability to empathize with the pain of others; can easily relate to others in a genuine way regardless of grade level, rank, rate, or gender; and are not discouraged by anger that is misdirected by persons who are receiving help.
3. Have at least two years remaining at the unit upon completion of training.
4. Be recommended for CISM duties by his/her command.

**For more information contact the D14 EAPC.**